

Diabetes Pledge

Making a commitment to live a healthy lifestyle and following a treatment plan may help you take better control of your diabetes. Fill out this *Diabetes Therapy Adherence Pledge*. Using this pledge lets you discuss your health status and goals with your health care provider. Your provider can write down specific recommendations for you, too. Making this pledge together with your health care provider can help open the lines of communication, so you can better understand everything you need to do to control diabetes.

I Will Take Charge of My Health

My health is important to me and to my family. That is why I am making a commitment to live a healthy lifestyle and to do my part in adhering to my therapy plan. I will work closely with my health care provider to develop and follow a therapy plan that works best for me. Because I am responsible for my own health, I will specifically:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

